



TLC Student Training Manual

- **Bringing men out of destructive lifestyles, through the transforming power of Jesus Christ**
- **Emphasizing Biblical discipleship**

April 2025

256942 E. County Road 49, PO Box 88, Fairview, OK 73737

TLC Training Course

The following is a description and outline listing of the prescribed studies and materials to be used in the TLC Recovery Process.

Table of contents

Section 1	Teen Challenge Lectures/Studies (2 days @ wk)
Section 2	Be Transformed & Various Other Worksheets (1 day @wk)
Section 3	Guest Pastoral & Lay Teachers (2 days @ wk)
Section 4	TLC Goals & Character Skills for Graduates
Section 5	CR Program (Tuesday Evenings)
Section 6	Personal Devotions/Study Guide Checklist
Section 7	Marriage & Parenting
Section 8	Budgeting/Other
Section 9	Exit Strategy & 2 nd Year
Section 10	Your 13 month Journey
Section 11	Memory Verse, Identity, Father God Cards

Section 1 – Teen Challenge Lectures/Studies (2 days @ wk)

Chapter	Topic	X when done
1	How Can I Know That I'm a Christian	
2	A Quick Look At The Bible	
3	Attitudes	
4	Temptation	
5	Successful Christian Living	
6	Growing Through Failure	
7	Christian Practices	
8	Obedience to God	
9	Obedience to Man	
10	Anger & Personal Rights	
11	How to Study the Bible	
12	Love & Accepting Myself	
13	Personal Relationships with Others	

[illegible]

Section 2 – Be Transformed & Other Various Worksheets (1 days @ wk)

Chapter	Be Transformed - Topic	X when done
1	The Truth About Lies	
2	The Truth About the Cross	
3	The Truth About Your New Identity	
4	The Truth About God	
5	The Truth About the Holy Spirit	
6	Freedom with Emotions	
7	Freedom in Forgiveness	
8	Freedom from Performance Based Acceptance	
9	A Life Transformed	
	Nature of Man Tree Handout	
	Biblical Counseling “U” Handout	

Worksheet	Topic/Name	X when done
	Words are Powerful (2-3 days)	
	The Father Heart of God (1 day)	
	Bible Translations (1 day)	
	My Choice of Submission Here at TLC	
	Discipline, punishment, conviction	
	My Investment at TLC	

Section 3 – Guest Pastors & Lay Teachers (2 days @ wk)

Page and area behind can be used to insert note and handouts from classes.

At TLC we utilize a number of local Pastors and lay teachers as resources for training in Biblical principles as well as practical life lessons. This page and the area after it can be utilized for making notes from those sessions and placing handouts received.

Brenda Neufeld - Financial Peace

Vince Querry

Derek Cox

Others

Section 4 – TLC Goals & Character Skills for Graduating Residents

- Learn to desire God's best in all situations.
- Life is bigger than you. The Christian life is not about your comfort. Christianity is about living beyond addiction and become a productive, ordered individual. (Phil. 2:3-4, Eph. 5:3-4)
- TLC is here to teach you that you will always be subject to someone, even if you are the president. Learn who you are accountable to and respect that. (Rom. 13:1-7)
- TLC is here to teach you discipline. TLC is here to teach you to work, and it may not be the work you like. You do it anyway. (Col. 3:23-24)
- TLC is here to teach you order. Respecting your property and the property of others. (1 Cor. 14:23, 33)
- TLC is here to teach you that your property is not actually your property. It is a gift from God that you are a keeper or steward of. Learn to treat it as God's property and do what God would do with it. (1 Cor. 4:7, Matt. 6:19)
- TLC is here to train you to choose serving others as a way of life. (Matt. 20:26-28)
- Learn the proper balance of humility and character. Not proud but not downtrodden. (Phil. 2:6-11)
- Learn a desire to be subject to something greater than yourself and your ability to perform. (Phil. 3:18-21)
- Learn to desire community/relationship with God and His children.
- (Acts 2:42, 46, Hebrews 10:24-25)
- Leave behind what you know and what you think you are wise about. As those things are either confirmed as truth or a lie choose to continue in the truth and leave the lies behind. (John 8:32, Eph. 4:22-24)
- If there was no limit what goals would you and God want to set for the rest of your life?
- What step can you take today to start that path?
- What intentional changes do you need to make that are blocking that path?
- How do your desired goals fit with God's view of life?

CELEBRATE RECOVERY 12 STEPS AND BIBLICAL COMPARISONS

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature.

For I have the desire to do what is good, but I cannot carry it out. Romans 7:18 NIV

2. We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose. Philippians 2:13 NIV

3. We made a decision to turn our lives and our wills over to the care of God.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. Romans 12:1 NIV

4. We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40 NIV

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16a NIV

6. We were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will lift you up. James 4:10 NIV

7. We humbly asked Him to remove all our shortcomings.

If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 NIV

8. We made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. Luke 6:31 NIV

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. Matthew 5:23-24 NIV

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! 1 Corinthians 10:12

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

Let the word of Christ dwell in you richly. Colossians 3:16a NIV

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. Galatians 6:1 NIV

Section 6 - Personal Devotions/Study Guide Checklist

TLC Required Bible Studies, Reading, & Class Work																		
Name: _____										Entry Date: _____								
Teen Challenge (In class with Randy)																		
Chapters	1	2	3	4	5	6	7	8	9	10								10
Be Transformed (In class with Jay)																		
Chapters	1	2	3	4	5	6	7	8	9								54	
Books of Bible																		
Galatians	1	2	3	4	5	6											6	
Ephesians	1	2	3	4	5	6											6	
Philipians	1	2	3	4											4			
Colosians	1	2	3	4											4			
Romans	1	2	3	4	5	6	7	8	9	10								
Romans	11	12	13	14	15	16											16	
John	1	2	3	4	5	6	7	8	9	10								
John	11	12	13	14	15	16	17	18	19	20							20	
1 Timothy	1	2	3	4	5	6											6	
2 Timothy	1	2	3	4											4			
Titus	1	2	3											3				
James	1	2	3	4	5											5		
Genesis	1	2	3	4	5	6	7	8	9	10								
Genesis	11	12	13	14	15	16	17	18	19	20								
Genesis	21	22	23	24	25	26	27	28	29	30								
Genesis	31	32	33	34	35	36	37	38	39	40								
Genesis	41	42	43	44	45	46	47	48	49	50							50	
Acts	1	2	3	4	5	6	7	8	9	10								
	11	12	13	14	15	16	17	18	19	20								
	21	22	23	24	25	26	27	28							28			
Psalms	103	139															2	
Father Heart of God	1																1	
Other																		
																	219	

A ½ page study form (on following page) should be filled out for each of the above boxes “Genesis 32” “James 4”. The next page includes 2 of these forms.

Bible Study Guide

Date: _____

Book _____ Chapter _____ Your Name _____

Who is the Author? _____ When was it written? _____

Where was it written? _____ Who was the audience? _____

Why was it written? _____

Key verses? _____

Life principles? _____

Comments: _____

Bible Study Guide

Date: _____

Book _____ Chapter _____ Your Name _____

Who is the Author? _____ When was it written? _____

Where was it written? _____ Who was the audience? _____

Why was it written? _____

Key verses? _____

Life principles? _____

Comments: _____

Section 7 – Marriage, Parenting, Church Engagement

Suggested reading:

Videos – Fantasy Series by Jonathan Pohluda

I Am a Church Member – Thom S. Rainer

Other items to be added as required for individual situations.

Section 8 – Budgeting & Financial

Financial Peace University - 9 Week course will be led by a volunteer trainer.

Suggested financial reading:

The Genius of Generosity – Chip Ingram

Generosity – Gordon MacDonald

Other items to be added as identified.

Section 9 – Exit Strategy & 2nd Year

TLC Exit Strategy

Contact Info.

Name: _____ Address: _____

Phone: _____ E-mail: _____

Church: _____ Pastor: _____

Employment plan:

Plan for continued spiritual growth:

Daily schedule:

Contact points with TLC and other responsible supporters:

How are you going to handle your free time:

What will you do when you feel you are slipping?

What is your commitment to 100% drug/alcohol free living? Medical marijuana? Nothing but Dr. prescribed medication that you literally cannot live without? Nicotine/vaping?

How will you find continuing mentoring?

Transportation:

Marriage/relationships:

Court responsibilities:

Probation time:

Payments due:

Scholarship program

TLC is prepared to offer some scholarship assistance up to \$1500 for graduating residents who follow an exit strategy that we believe will lead to successful continuation of your recovery. Other factors for consideration will be commitment level, growth, attitude, and other characteristics observed while in the TLC program. These awards will be paid directly to providers for rent, utility deposits, auto purchase, insurance, etc. Fill out the portion below to apply for these scholarship funds.

Pay to: _____ Purpose: _____

Explanation/comment: _____

Pay to: _____ Purpose: _____

Explanation/comment: _____

Pay to: _____ Purpose: _____

Explanation/comment: _____

Pay to: _____ Purpose: _____

Explanation/comment: _____

TLC Recommended Exit Strategy:

Level A+ & year 2 guidelines

Year 2 – If an individual chooses to do extended studies and ministry at TLC it is assumed as such. First commitment is to own spiritual growth and second is to the ministry of TLC.

Level A+ & year 2 guidelines. ELP studies start after 12 months.

Will continue attending regular class time one day a week.

Will have additional work expectations/responsibilities to be determined.

Will have phone use during the day as required for work usage or evening assignments (If other staff is gone and communication might be necessary in their absence. Otherwise electronic devices will stay in office after the allotted time usage is up.

Will be allowed 1 hour of electronic (phone/computer) usage a day other than for work. Computers and phones should not be used for personal business around Level A-D residents.

Will be allowed 2 hour of TV usage a day.

Resident may or may not have access to office.

May be helped along with outstanding medical issues more than first year residents.

May be helped with fines, licensing, etc. as it benefits TLC and the Resident.

Out visits – May have 1 out visit each month. Probably sometime on own to relax away from facility.

Weekend visits – May have 2 visits each weekend.

New relationships – Discourage new relationships other than with residents, staff, or church acquaintances. You are on a continued focus of discipleship and focus on ministry.

Section 10 - Your 13 Month Journey

The following are a few common scenarios and thought patterns you might expect during your stay at TLC.

- Thirteen months is a critical time frame. In most cases less time is not adequate to establish a transformed living and thought pattern in you. In fact this is a life-time journey of faith.
- You will likely question whether TLC is adequate to address your problems. The first goal of our donors, supporters, volunteers, and staff is your recovery. TLC is not adequate but God, Holy Spirit, is adequate to lead you into truth that will transform your life as you connect with Him.
- Your emotions and thoughts will likely run rampant causing you to think you know more about what staff is doing than they do. This is not true. You may have a lot of knowledge or skills but you are here because you were not able to focus it correctly. Trust the process and time spent here.
- Your emotions and thoughts will tell you that you aren't being treated fairly. TLC is a testing ground for your faith in Christ. We will never be treated fairly on this earth. We serve the God of all justice and He will bring justice in His time. We are learning to live godly lives on that journey.
- The TLC organization and staff are always your friends and not your enemies. "Faithful are the wounds of a friend, But deceitful are the kisses of an enemy." Proverbs 27:6
- You might think about all the things you should have been doing previously and feel the need to correct them all immediately. You will likely not have opportunity to correct them all while at TLC. Relax and focus on the lessons and your relationship with God. The Holy Spirit will bring to mind and provide opportunities for this as you live your new life.
- You will likely come to a point where you are convinced that there is some job, girl, ministry, etc. out there calling your name and it is God speaking this leading to you. You will believe you are called to be a pastor or missionary. These leadings may be real and from the Holy Spirit but these are new awakenings and you are not mature enough or ready to move forward with these. **"YOU NEED TO SIT DOWN AND RELAX AND LIVE IN THE PROGRAM"**. This many seem boring, endless, pointless, unexciting, unending, going on forever,.....but this is what you need right now.
- You will think you are ready for big things, and God does have big things for all of us, but you need right now is to stay clean and on track for 13 months in the program and then on track for another 12 months when you leave the program. Then you are probably ready to walk without someone helping you. We all need the help and support of Christ's body to complete our walk of faith.

Section 11 - Memory Verse, Identity, Father God Cards

Timothy 3:16-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

Hebrews 4:12

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Romans 6:6-7

For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--because anyone who has died has been freed from sin.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Galatians 2:20

I have been crucified with Christ and I no longer live, but Christ lives

SAMPLE PAGE

I live by faith in the Son of God, who loved me and gave himself for

John 10:10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Romans 12:1-2

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

Hebrews 4:12

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Romans 6:6-7

For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin--because anyone who has died has been freed from sin.

Actual page is publisher document.

This page will be printed on card stock for the resident to cut up into memory card sizes to carry . More verses and information to come.